



Victim of Crime?
begin the
healing

Take Action!

How SOVA Helps
*Victims' Compensation
Medical Expenses
Burial Expenses
Mental Health Counseling
Lost Wages
Victim/Witness Assistance
Training
Information*

Help Yourself

- Find a support group
- Talk about your reactions
- Cry and let your grief out
- Utilize spiritual resources
- Take care of yourself by eating well, sleeping, & exercising
- Continue to do the things that you enjoy
- Start a journal
- Know that you are not alone
- Seek professional support like victim services, healthcare providers, etc.

THE NATIONAL CENTER FOR
Victims of Crime

SOVA An Office of the Governor
State Office of Victim Assistance

Victims Only: 1-800-220-5370
Business Line: 803-734-1900
www.govoepp.state.sc.us/sova